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Process Reflection: Uplift 2021

Exhibit a growth mindset by valuing the process over the product (Describe & Evaluate. Lead)

Part I: Reflect on the different core values and identify your strengths & growth areas in each.

Courage		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys
Collaboration		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys

Name:_____ **Date:**_____

Curiosity		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys
Change Agency		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys

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Drive		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys
Leadership		
From the list on the right, describe the ***strengths*** you see in yourself - give specific examples from the classroom and journeys	➔	From the list on the left, describe the **growth areas** you see in yourself - give specific examples from the classroom and journeys

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Part 2: Reflection Questions - After reviewing your areas of strength and growth from above answer the following questions:
Be sure to answer each question fully and **provide examples from your reflection above.**

- ➔ What did you learn about yourself by reflecting on the core values? How did you learn from others?
- ➔ Where have you struggled? How did you respond to that struggle?
- ➔ How have you grown?
- ➔ What would you like to do differently? Where do you want to push yourself in the future?
- ➔ What do you want to celebrate about yourself? What are you proud of? Where was your biggest growth?
- ➔ What grade would you give yourself? Why?

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